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Katy Perry is back with a sparkling new roster of pop songs **32**

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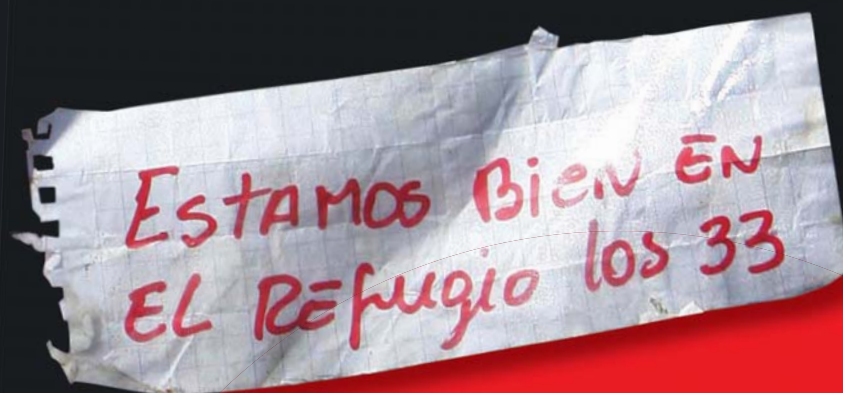
The Nationals put their rookie ace on the 15-day disabled list **15**



MAYHEM IN MANILA

Hostage-taker kills eight tourists on a Philippine tour bus **8**

AUGUST 24, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



[ALL 33 OF US ARE FINE
IN THE SHELTER]

THROUGH A SPACE THIS WIDE,

33 CHILEAN MINERS PASSED A NOTE DECLARING AGAINST ALL ODDS THAT THEY WERE STILL ALIVE, 18 DAYS AFTER A COLLAPSE TRAPPED THEM SOME 2,000 FEET UNDERGROUND. CAN THAT SAME 6-INCH SHAFT NOW KEEP THEM ALIVE — AND SANE — AS THEY WAIT FOR A RESCUE THAT COULD BE FOUR LONG MONTHS AWAY?

PAGE 11

eo

EYE OPENERS

Never Get ‘Invincible’ Tattooed on Your Biceps

Police in Fort Pierce, Fla., say a 25-year-old man went into a violent rage after losing an arm-wrestling match. Erick Lee Blanton drove his pickup truck across a lawn, over a mailbox and at several people after losing on Sunday. He also drew a rifle and pressed the barrel against the forehead of the man who beat him. Police arrested Blanton shortly afterward. He faces four counts of aggravated assault with a vehicle and one count of aggravated assault with a deadly weapon. (AP)

“Her skin is so fragile, it’s like uncharted territory.”

— MICHELLE GALLO-KOHLAS, A SPRING HILL, FLA., TATTOO ARTIST WHO JUST GAVE 101-YEAR-OLD MIMI ROSENTHAL HER THIRD TATTOO (IT’S A SUNFLOWER).

‘Forgive Me, Pop’ Misheard As ‘Give Me Pot’



An 85-year-old Lebanon, Ohio, man was arrested for trying to smuggle pot to his grandson in prison. Richard Heritz was arrested at the Warren Correction Institution earlier this month before he got to see Gregory Heritz, who was serving time for a burglary conviction. Someone had tipped off state troopers that the elder Heritz tried to bring in a package containing more than 20 grams of marijuana. He’s charged with attempting to convey drugs at a detention facility and possessing criminal tools. (AP)

The Big Picture



TORU YAMANAKA/AFP/GETTY IMAGES

SHOULDER RUBBING commenced en masse Saturday in Tokyo in an effort to set a new world record for “Longest Massage Chain.” Despite enthusiastic kneading, the group failed to break the record, which still stands at 1,223 massagers. (EXPRESS)

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FDA: Food Safety Rules Limited

Lack of authority leaves government's hands tied for safety

Washington

Farms like the two involved in a massive recall of more than a half-billion eggs are rarely inspected by the federal government, officials say, as the Food and Drug Administration has traditionally reacted to outbreaks instead of working to prevent them.

Food and Drug Administration chief Margaret Hamburg said Monday her agency hasn't had enough authority to help prevent outbreaks like the more-than 1,000 cases of salmonella poisoning linked to the eggs from two Iowa farms.

Giving a series of network interviews, Hamburg said the FDA is taking the issue "very, very seriously." At the same time, she said Congress should pass legislation stalled in the Senate that would increase the frequency of inspections and give the agency authority to order a recall. Companies now have to issue such recalls voluntarily.



A sign reads, "Our eggs are all right!!! at a market on Monday in Lawrence, Kan.

"You can't produce food at that level without a food safety cop on the beat."

— CAROLINE SMITH DEWAAL, FOOD SAFETY DIRECTOR

"We need better abilities and authorities to put in place these preventive controls and hold companies accountable," Hamburg said.

Food safety advocates have pushed for such improvements for more than a decade, as there have

been few rules on the books that require companies to make eggs, along with many other foods, safer. The FDA's authority on the farm is questionable, as the agency is often limited to gathering information about a contamination out-

No New Recalls

Food and Drug Administration Commissioner Margaret Hamburg says there is no evidence that there are additional farms involved in a massive recall of more than half a billion eggs. FDA officials said they do not expect the number of eggs recalled — 550 million — to grow. The Centers for Disease Control and Prevention said it has not identified additional clusters of illness that would indicate the outbreak has spread beyond two Iowa farms. (AP)

break after people have already been sickened.

Dr. Jeff Farrar, the FDA's associate commissioner for food protection, says the agency has traditionally focused on food manufacturing facilities instead of farms, as the agency's authority is muddled.

"The farm is just a different environment," he said. "Without those standards, we don't have the specific information to say you are in compliance in this area and out of compliance here." MARY CLARE JALONICK (AP)

In Brief

WASHINGTON

Judge Blocks Stem Cell Regulations Temporarily

A federal judge on Monday temporarily blocked Obama administration regulations expanding stem cell research. The nonprofit group Nightlight Christian Adoptions contends that the government's new guidelines will decrease the number of human embryos available for adoption. U.S. District Judge Royce Lamberth ruled that the plaintiffs are entitled to bring their lawsuit in the courts. (AP)

MINNEAPOLIS

Bridge Collapse Victims Get \$52.4M Settlement

After enduring countless surgeries and hours of court hearings, victims of the deadly 2007 Minneapolis Interstate 35W bridge collapse reached the end of their legal fight after an engineering firm agreed to pay \$52.4 million to settle scores of lawsuits. The settlement by San Francisco-based URS Corp. resolves the last major piece of litigation brought by victims. (AP)

MIAMI

Hurricane Danielle Forms

Hurricane Danielle has formed far from land in the Atlantic with maximum sustained winds of 75 mph, and it's expected to strengthen in the next couple of days. Forecasters say the storm could become a major hurricane by Wednesday. (AP)

HEALTH

Some emergency rooms are advertising how long the dreaded wait for care will be, with estimates updated every few minutes, using text messages or flashing billboards. The marketing move is aimed at the less-urgent patients, not the true emergencies that automatically go to the front of the line anyway. Despite that fledgling trend, ERs are getting busier, forcing them to try innovative tactics to cut delays. (AP)



Summer Allergies?

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Commander: War Timetable Unrealistic

Official says Afghan security force more than a year away

Washington

A senior U.S. commander on Monday wouldn't predict when Afghanistan might take control of its own security and warned that NATO needs at least another year to recruit and train enough soldiers and police officers.

The assessment by Lt. Gen. Bill Caldwell, the head of NATO's training mission in Afghanistan, further dims U.S. hopes that the planned U.S. withdrawal next year will be



An Afghan National Army officer stands guard with a machine gun in Kabul Monday.

significant in size.

President Obama has said that troops will begin pulling out in July 2011, with the size and pace of

withdrawal depending on security conditions. Defense officials have said they believe next summer's pullout would be modest.

In a Pentagon briefing, Caldwell said that Afghan army and police forces won't reach sufficient numbers until Oct. 31, 2011 — three months after Obama's deadline to start U.S. withdrawals. NATO has set the goal of creating an Afghan military and police force of 305,600 personnel — 171,600 army and 134,000 police. There are currently 249,500 personnel — 134,000 army and 115,500 police.

But Caldwell predicted that desertion and injury rates are so high among Afghan forces that NATO will have to recruit and train 141,000 people to ensure it has the 56,000 additional personnel needed next fall. ANNE FLAHERTY (AP)

ANIMAL CRUELTY



The Humane Society is pressuring state officials to outlaw bear baying, in which a declawed, defanged bear is chained to a stake as hunting dogs bark and snap, trying to force the bear to stand on its hind legs. The practice is meant to make the bears easier to shoot in the wild and is allowed only in South Carolina. (AP)



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Empire State Building Competitor Opposed

New York

The owner of the Empire State Building on Monday asked a City Council zoning panel to reject or change a project that would raise a tower nearly as tall as the iconic skyscraper, saying it would forever alter the skyline of New York City.

In a last-ditch effort to change architectural plans, Anthony Malkin appealed to members of the council's Subcommittee on Zoning and Franchises to make the new high-rise shorter. He proposed that 15 Penn Plaza be no more than 825 feet high, making it about two-thirds of its original proposed size. He also asked that it be shaped so that it minimally obscured the view from the western side of the Empire State Building.

The City Council is scheduled



The Empire State Building would be only 34 feet taller than a proposed tower.

to vote on the project on Wednesday. The 67-story tower would be only 34 feet lower than the Empire State Building. "The Empire State Building defines New York and its skyline. ... This is not just a local phenomenon. This is a national phenomenon," Malkin said. (AP)



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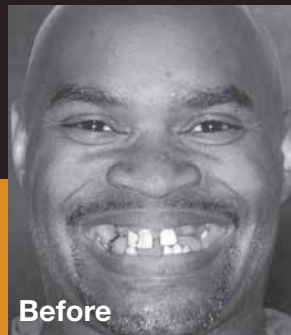
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Philippine policemen move to take control of a bus full of Hong Kong tourists during a 12-hour standoff Monday. The bus was hijacked by an ex-policeman in Manila, Philippines.

Nine Killed on Bus in Philippines

Angry ex-policeman shot after holding hostages for 12 hours

Manila, Philippines

It looked like a hostage rescue in slow motion: police creeping up on the bus with sledgehammers and smashing first one window, then another, then trying and failing to rip open the door.

When they finally got inside, authorities said, they found nine bodies: eight Hong Kong tourists and the ex-policeman who

had seized the bus to demand his job back.

The bloody denouement to the 12-hour drama in the heart of the Philippine capital, witnessed live on TV, rattled a country already accustomed to kidnappings and violence blamed on Muslim rebels. It provoked demands from the Hong Kong government for an explanation, and an acknowledgment from Philippine President Benigno Aquino III that his police need more training and equipment.

It was 10:15 a.m. Monday in Manila when Rolando Mendoza hitched a ride with the tourists



A man is rushed to a hospital after being rescued from a standoff on a tour bus.

as they visited historic sites in the city. He carried an M16 rifle but didn't seem unusual in the heavily policed capital.

Then he announced that he was taking the travelers hostage to win back his job. At first, matters proceeded peacefully. The hijacker freed nine hostages — three women, three children and two men — leaving 15 tourists on board.

The Hong Kong government did not hide its displeasure at the handling of the incident. It issued a warning against travel to the Philippines and canceled planned tour groups. JIM GOMEZ (AP)

In Brief

SHADAD KOT, PAKISTAN President: Anger at Gov't For Response Is Expected

Pakistan's President Asif Ali Zardari defied the government's much-criticized response to the country's record-breaking flood crisis as emergency crews worked frantically Monday to shore up a system of levees protecting two southern cities.

Zardari said anger at the government in the coming months is inevitable given the scale of the disaster. (AP)

OUAGADOUGOU, BURKINA FASO Spanish Hostages Freed

Two Spanish nationals kidnapped nearly nine months ago by a group linked to al-Qaeda stepped out of a helicopter to freedom in Burkina Faso's capital Monday. Roque Pascual and Albert Vilalta were kidnapped when their convoy of SUVs was attacked in Mauritania on Nov. 29 while they were delivering supplies to poor villagers. (AP)

JOHANNESBURG 200 Women Gang-Raped

Rwandan and Congolese rebels gang-raped nearly 200 women and some baby boys over four days within miles of a U.N. peacekeeper base in an eastern Congo mining district, an American aid worker and a Congolese doctor said Monday. Will F. Cragin of the International Medical Corps said workers knew rebels had occupied Luvungi town and surrounding villages in eastern Congo the day after the attack began on July 30. (AP)



SAFETY

Hundreds of specially trained dogs from Italy's corps of canine lifeguards are deployed each summer to help swimmers in need of rescue. They leap from helicopters or speeding boats, bringing aid to swimmers who get into trouble off Italy's popular beaches. These "lifedogs" wear a harness or tow a buoy that victims can grab, or a raft they can sit on to be towed back to shore. Currently, 300 dogs are fully trained for duty. (AP)



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Heavy Wind Topples Anne Frank Tree

Treasured chestnut cheered teen while she hid from Nazis

Amsterdam

The monumental chestnut tree that cheered Anne Frank while she was in hiding from the Nazis was toppled by wind and heavy rain on Monday.

The once mighty tree, now diseased and rotted through the trunk, snapped about 3 feet above ground and crashed across several gardens. It damaged a brick wall and several sheds, but nearby buildings — including the Anne Frank House museum — escaped unscathed. No one was injured, a museum spokeswoman said.

“Luckily, no one was hurt,” said museum spokeswoman Maatje Mostart. A global campaign to save the 150-year-old chestnut, widely known as the Anne Frank Tree, was launched in 2007 after city officials deemed it a safety haz-



Strong wind and rain toppled the Anne Frank Tree on Monday in Amsterdam.

ard and ordered it felled. The tree was granted a last-minute reprieve after a battle in court.

Two years ago city workmen encased the trunk in a steel support system to prevent it from falling, but that failed Monday.

Many clones of the tree have been taken, including 11 planted at sites around the United States and dozens more around Europe, including 150 at a single park in Amsterdam. **TOBY STERLING (AP)**

Illegal Elephant Tusks Seized in Kenya



KENYAN WILDLIFE RANGERS unpack elephant tusks that were bound for Malaysia before they were seized Monday. Officials said the illegal tusks, which were taken mainly from 150 elephants who died of natural causes, represented “the largest elephant ivory recovery in Kenya in the recent past.”

Somali Fighting Kills 13; Militia Declares War

Mogadishu, Somalia

An emergency official in Somalia said a new outbreak of fighting between Islamist militants and government forces has killed 13 people as a spokesman for Somalia’s most powerful militia declared a “massive” war.

Sheik Ali Mohamud Rage, a spokesman for the al-Shabab militia, said Monday that militants were starting a new war against invaders, by which he appeared to mean the 6,000 African Union troops deployed in Mogadishu.

Fighting in Mogadishu, Somalia’s capital, broke out soon after Rage held a news conference. Ali Muse, the head of Mogadishu’s ambulance service, said 50 were injured. Militants, and government and African Union troops exchanged mortars and tank fire. **(AP)**

60 The length, in miles, of a traffic jam on China’s Beijing-Tibet Expressway. The jam, which started Aug. 14, is due to construction and has drivers playing cards and waiting it out to avoid paying for gas to take detours. The congestion is expected to last at least another month. **(EXPRESS)**

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A Long, Dark Wait Ahead

With a rescue months away, crews fear for the sanity of trapped miners in Chile

Copiapo, Chile

Trapped nearly half a mile inside the earth and facing perhaps four months before rescue, 33 Chilean miners began accepting food, water and oxygen from above ground Monday as rescue teams worked to gauge their state of mind and brace them for the long wait — possibly four months long — ahead.

Through a newly installed communications system, each of the men spoke and reported feeling hungry but well, except for one with a stomach problem, a Chilean official said. They requested toothbrushes.

It was a positive sign, and Chile's president said the nation was "crying with excitement and joy" after engineers broke through Sunday to the men's refuge. It had been 17 days since a landslide at the gold and cop-

per mine caused a tunnel to collapse and entombed them more than 2,200 feet below ground.

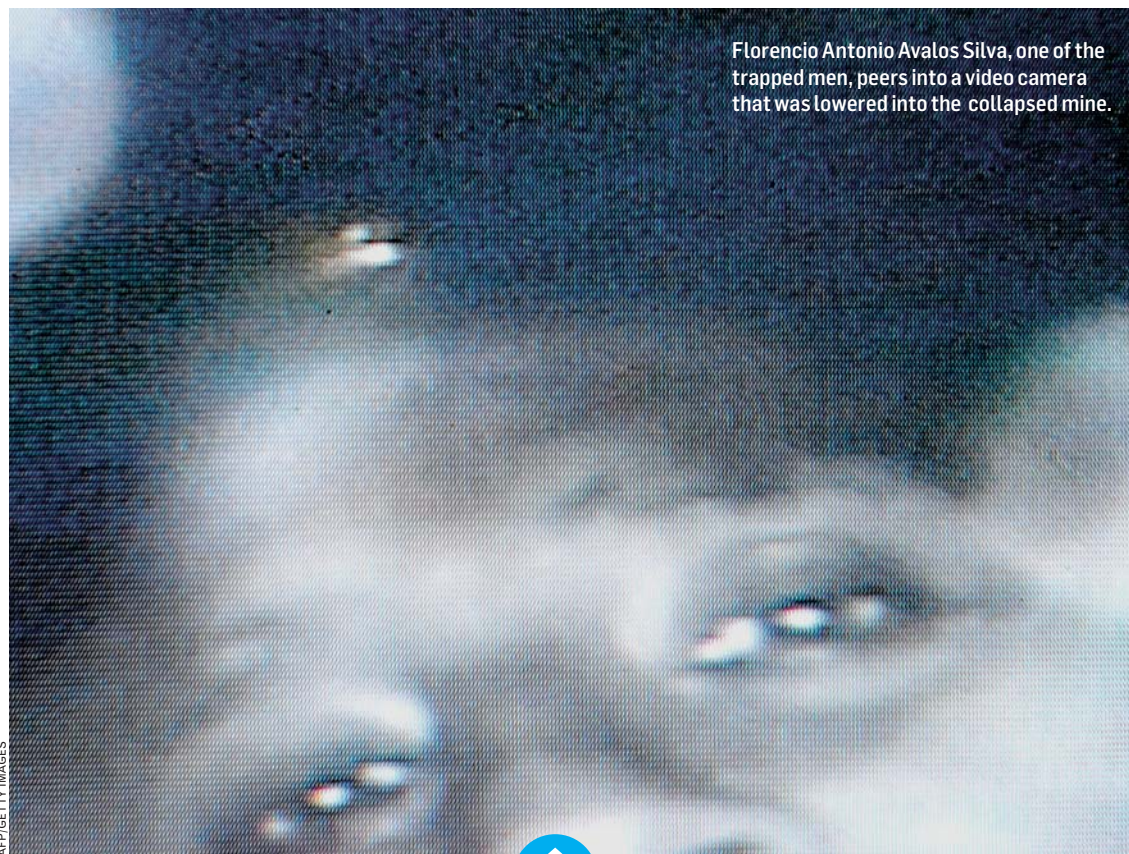
Still, doctors and psychological experts were trying to safeguard the very sanity of the miners in the months to come, and said they were implementing a plan that included keeping them informed and busy. The miners reported that a shift foreman named Luis Urzua had assumed leadership of the trapped men.

"They need to understand what we know up here at the surface, that it will take many weeks for them to reach the light," Health Minister Jaime Manalich explained.

Rescue teams also sent oxygen down after the miners suggested there was not enough air in the stretches of the mine that run below where the main shaft collapsed.

The shelter, a living-room-sized chamber off one of the mine's lower passages that is easily big enough for all 33 men, is far enough from the landslide to remain intact, and the men can also walk around below where the rocks fell. Actual food will be sent down in several days, after the men's stomachs have had time to adjust, said Paola Neuman of the medical rescue service.

Rescuers also sent down questionnaires to determine each man's condition, along with



Florencio Antonio Avalos Silva, one of the trapped men, peers into a video camera that was lowered into the collapsed mine.

AFP/GETTY IMAGES



HOW THE MINERS WERE FOUND

Rescuers had drilled repeatedly in an effort to reach the shelter but failed seven times. They blamed the errors on the mining company's maps. At least some of those earlier probes were close enough that the trapped miners heard them. The eighth attempt finally worked. (AP)

"Even if we have to wait months to communicate ... I want to tell everyone that I'm good and we'll surely come out OK. Patience and faith. God is great and the help of my God is going to make it possible to leave this mine alive."

— **Mario Gomez**, perhaps the oldest of the trapped men at 63, who wrote a note to his wife. His note, on a sheet of notebook paper, indicated that the miners know that it will be a long time before they can be freed, but they won't dim their hopes.

medicine and small microphones to enable them to speak with their families during their long wait. Rescue leader Andre Sougarret said they were organizing the families into small groups to make their talks as orderly as possible.

Besides their immediate physical needs such as medicine to restore their raw stomachs and sleep cycles, the rescuers were preparing psychiatric counseling. A first step was the questionnaires, which were also intended to help identify their natural leader — someone who can make sure the men are keeping busy and mentally focused.

For the miners' families, euphoria and anxiety made for a sleepless night. They shivered through the cold and fog in Chile's Atacama desert.

"We stayed up all night long hoping for more news. They said that new images would appear, so we were up hoping to see them," said one, Carolina Godoy.

MAURICIO CUEVAS (AP)

Miner Miracles

The men in Chile already have been trapped underground longer than all but few miners rescued in recent history.

► April 2010

In what was dubbed a "miracle," 115 people were pulled to safety in Wangjialing mine in northern China after eight days.

► July 2009

Three miners survived 25 days trapped in a flooded mine in southern China after drinking water that had seeped through rocks.

► Dec. 2007

In Beijing, 11 Chinese miners who ate paper and chewed on a leather belt to survive were rescued after six days.

► Oct. 2007

More than 2,000 miners, suffering from heat exhaustion in 40-degree Celsius heat were saved in a dramatic all-night rescue after they had been trapped for 28 hours.

► Jan. 1983

Two miners in northeastern China were rescued after 23 days.

Few Problems on First Day Back

D.C., Prince George's return to school; no major issues reported

Washington

Summer vacation ended Monday morning for hundreds of thousands of students in the Washington region, some of whom reported to a new school named for the sitting president. Early reports indicated few problems.

Day 1 at the District's transplanted Woodrow Wilson High School unfolded uneventfully but slowly, as at least a couple hun-



D.C. Schools Chancellor Michelle Rhee, left, spends some time with third-grader Charleisha Calder, 8, at J. O. Wilson Elementary School in Northeast on Monday.

dred students remained lined up along Van Ness Street at the 8:45 a.m. start of first period.

The 1,500-student high school is spending the year in temporary quarters at the University of the District of Columbia while its Tenleytown campus is renovated.

Prince George's County families waited to see whether last year's computer glitches, which kept thousands of high school students out of class for days, would return.

Montgomery County and other Maryland jurisdictions return to school Aug. 30, and Northern Virginia returns after Labor Day. MICHAEL BIRNBAUM (THE WASHINGTON POST)

The Lotteries

Monday, Aug. 23

District	
Mid-day Lucky Numbers	4-9-4
Evening Lucky Numbers (Sun.)	1-9-3
Mid-day DC 4	0-2-6-6
Evening DC 4 (Sun.)	9-1-9-0
Mid-day D.C. Five	0-4-1-4-1
Evening D.C. Five (Sun.)	4-3-2-7-3
Daily 6 (Sun.)	3-6-24-26-27-31 (15)
Maryland	
Mid-day Pick 3	3-3-5
Evening Pick 3 (Sun.)	5-3-4
Mid-day Pick 4	3-9-7-5
Evening Pick 4 (Sun.)	8-1-3-8
Match 5 (Sun.)	5-6-9-18-36 (16)
Virginia	
Mid-day Pick 3	5-4-5
Evening Pick 3 (Sun.)	3-1-4
Mid-day Pick 4	3-1-5-3
Evening Pick 4 (Sun.)	4-3-2-7
Mid-day Cash 5 (Sun.)	1-5-12-28-29
Evening Cash 5 (Sun.)	1-6-12-29-34
All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.	

37th Annual Virginia Scottish Games & Festival

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Local

Va. AG Opinion: State Can Restrict Abortion Clinics

Richmond, Va.

Virginia Attorney General Ken Cuccinelli II, who is anti-abortion, has issued a legal opinion allowing greater restrictions on abortion clinics, drawing swift criticism from providers who say it could cause some of the facilities to close.

The opinion provides legal guidance for the state Board of Health and does not require action. But pro-choice advocates accuse Cuccinelli of trying to circumvent the General Assembly, which has considered but failed to pass further restrictions on abortion clinics for at least eight years.

"These so-called regulations are only an attempt to shut down abortion clinics in the Commonwealth of Virginia," said Tarina Keene, executive director of NARAL Pro-Choice Virginia.

Pro-life legislators — including Cuccinelli, who served in the state senate — supported bills that



RICHARD A. LIPSKI/TWP

Pro-choice advocates have criticized Virginia AG Ken Cuccinelli's legal opinion.

would have treated abortion clinics as ambulatory surgery centers and required them to meet hospital-type regulations with regard to equipment and space.

Currently, abortion clinics are regulated the same way as are offices where patients undergo oral or plastic surgery.

ANITA KUMAR (TWP)

DC Rider

Again on train with more than 3 cars with no air on the tracks! This occurs at least twice a week. [Temps] in the cars reach 95 degrees — [it's] unsafe to travel."

— COMMENTER ALAN KOUSEN

Today's Question

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MEMORIES

The original Kermit the Frog — which

the late Jim Henson fashioned out of his mother's old coat and a pair of pingpong balls — from "Sam and Friends" — a Washington, D.C.-based children's show — will be donated to the Smithsonian's National Museum of American History in a special ceremony on Wednesday. (THE WASHINGTON POST)

DC'S CHARTER SCHOOLS: LEADING EDUCATION REFORM IN THE NATION'S CAPITAL!

Ward 1

AppleTree Early Learning PCS — Columbia Heights Campus • Booker T. Washington PCS • Capital City PCS • Carlos Rosario International PCS
• Cesar Chavez PCS — Bruce Prep Campus • DC Bilingual PCS • Education Strengthens Families PCS • E. L. Haynes PCS
• Howard University Middle School for Math & Science PCS • Maya Angelou See Forever PCS — Shaw Campus • Meridian PCS
• Next Step/El Próximo Paso PCS • YouthBuild LAYC OCS

Ward 2

Center City Shaw Campus PCS • Community Academy PCS — Amos III Campus • Community Academy PCS-Butler Bilingual Campus
• KIPP DC: WILL Academy PCS • KIPP DC: Grow Academy • School for Arts In Learning (SAIL) PCS

Ward 4

Bridges PCS • Center City PCS — Brightwood Campus • Center City PCS — Petworth Campus • Community Academy PCS-Amos Elementary Campus
• Community Academy PCS-Amos 2 Campus • Community Academy PCS-Online • Hope Community PCS — Lamond Campus • Hospitality High PCS
• Ideal Academy PCS • Kamit Institute for Magnificent Achievers PCS • Latin American Montessori Bilingual PCS • Paul PCS • ROOTS PCS • Washington Latin PCS

Ward 5

Center City PCS — Trinidad Campus • Community Academy PCS-Rand Campus • DC Preparatory Academy PCS Middle
• DC Preparatory Academy PCS Elementary Campus • Elsie Whitlow Stokes Community Freedom PCS • Friendship PCS — Woodridge Campus
• Hope Community PCS-Tolson Campus • Hyde Leadership Academy PCS • Mary McLeod Bethune • Potomac Lighthouse PCS
• Thea Bowman Preparatory Academy • Tree of Life Community PCS • Washington Mathematics, Science & Technology PCS
• Washington Yu Ying • William E. Doar Jr. PCS for the Performing Arts

Ward 6

Apple Tree Early Learning PCS — Riverside Campus • Apple Tree Early Learning PCS — Amidon Campus • Center City PCS — Capitol Hill Campus
• Cesar Chavez PCHS for Public Policy- Capitol Hill • Eagle Academy PCS • Friendship PCS-Chamberlain Elementary Campus • Options PCS
• St. Coletta of Greater Washington PCS • Two Rivers PCS

Ward 7

Arts & Technology Academy PCS • Cesar Chavez PCHS for Public Policy—Parkside Campus • Cesar Chavez Middle School
• DC Preparatory Academy PCS — Benning Elementary Campus • Friendship PCS-Blow Pierce Junior Academy Campus
• Friendship PCS-Collegiate Academy at Carter G. Woodson • Howard Road Academy PCS — Pennsylvania Avenue Campus
• Howard Road Academy PCS — G Street Campus • IDEA PCS • KIPP-DC — Key Academy Campus • KIPP-DC — LEAP Academy Campus
• KIPP-DC — Promise Academy Campus • Maya Angelou See Forever PCS — Evans Campus • Maya Angelou See Forever PCS — Middle School Campus
• Nia Community PCS • SEED PCS

Ward 8

Achievement Preparatory Academy • Center City PCS — Congress Heights Campus • Early Childhood Academy PCS • Excel Academy PCS
• Friendship PCS-South East Elementary Academy • Friendship PCS — Tech Prep Campus • Howard Road Academy PCS — Main Campus
• Howard Road Academy PCS — Martin Luther King Avenue Campus • Imagine Southeast PCS • KIPP-DC — Discover Academy Campus
• KIPP-DC — College Preparatory Campus • KIPP-DC — AIM Academy Campus • National Collegiate Preparatory Academy PCS
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2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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Sports

INJURY BUGS

Haynesworth's headaches are only part of the concern at Redskins Park

ALBERT HAYNESWORTH

Shanahan Stays Mum On Lineman's Ailments

? Redskins coach Mike Shanahan said after practice Monday that he has spoken with disgruntled defensive lineman Albert Haynesworth and is still trying to get Haynesworth in shape to be a contributor to Washington's defense. But he would not divulge details of the interaction or offer his thoughts on Haynesworth's criticism of the organization after Saturday night's preseason loss to Baltimore.

"I had a conversation with Albert," Shanahan said. "I don't discuss that for obvious reasons. And if you guys want to talk about football, we'll talk about football. But [to] keep on talking about things outside of football is completely ridiculous."

Shanahan did not address whether Haynesworth and the organization had a miscommuni-

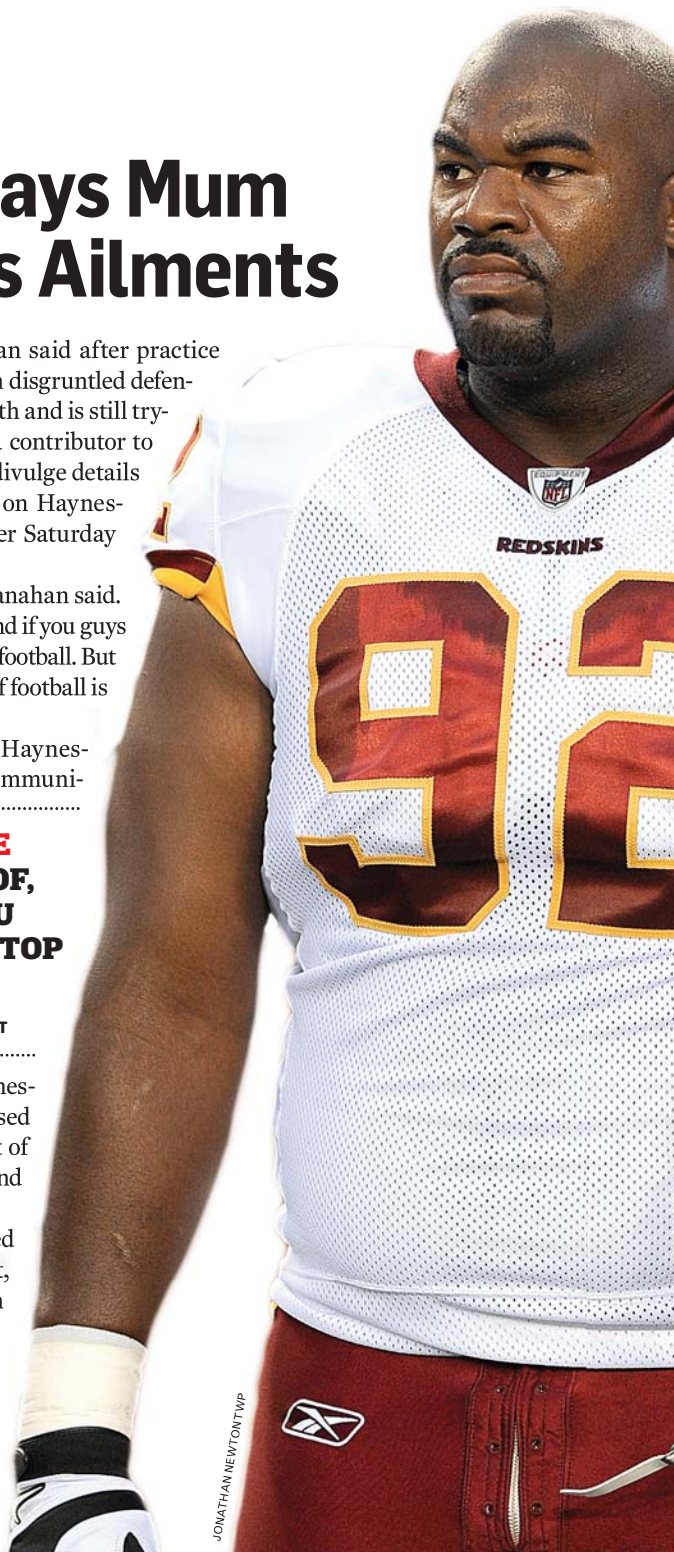
"THE GUY HAS BEEN HERE FOR SIX PRACTICES OUT OF, WHAT, 41 OR 42 WHEN YOU ADD IT UP? IT'S TIME TO STOP ALL THIS AND LET'S GO."

— REDSKINS DEFENSIVE COORDINATOR JIM HASLETT

cation about the extent of an illness Haynesworth had last week, a condition that caused him to miss all of two practices and part of another. Haynesworth worked out Friday and played in the third quarter Saturday.

The coach said that Haynesworth played against Baltimore as a conditioning stint, and that a player who missed that much midweek practice during the regular season would not play in a game.

"Sometimes I've got to practice a guy and get some playing time in a preseason game just to get back in football shape," Shanahan said. "He needed some reps in there; that's the only reason we put him in." (THE WASHINGTON POST)



JONATHAN NEWTON/TP

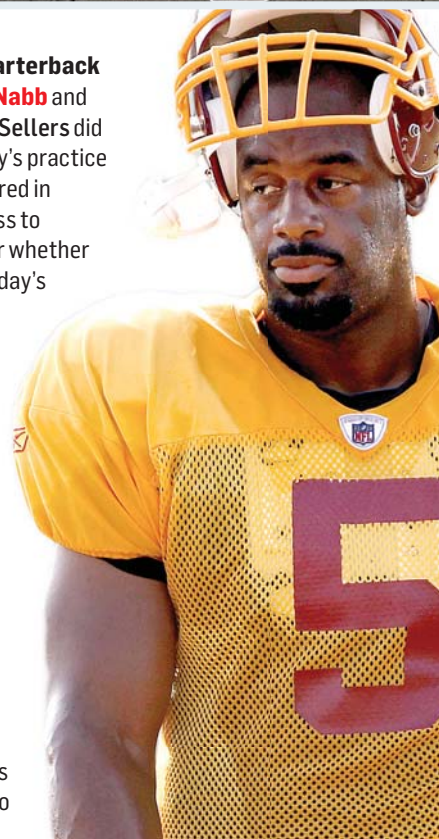


The Redskins signed safety **Tyrone Carter**, right, and fullback **Carey Davis**, left, Monday morning, addressing two positions that were hit with knee injuries to starters in Saturday's preseason game against the Ravens. Carter and Davis both practiced Monday. Carter has 53 starts over his 10 NFL seasons with Minnesota, the New York Jets and Pittsburgh. He started 12 games for the Steelers last year. Carey also comes from Pittsburgh, where he started 10 games over three seasons but was used sparingly last year. (AP)



Redskins quarterback **Donovan McNabb** and fullback **Mike Sellers** did

not participate in Monday's practice because of injuries suffered in Saturday's preseason loss to Baltimore, it wasn't clear whether they would return for Friday's game against the Jets. McNabb was wearing a boot on his left foot in the morning, then wore what appeared to be an air cast on his left ankle during the practice. Also out were wide receiver **Malcolm Kelly**, whose hamstring has been a problem all offseason, and free safety **Kareem Moore**, who had arthroscopic surgery Monday on his sprained right knee and is expected to be out four to six weeks. (TWP)



Sports

Strasburg Returns to DL

Nationals hold off on shutting rookie down for the season

The Nationals

Rookie ace Stephen Strasburg found himself in a familiar, if unwanted position on Monday: the disabled list.

The Nationals place their prized rookie on the dreaded DL for the second time in a month after Strasburg strained a tendon in his right forearm over the weekend.

Nationals manager Jim Riggleman said Monday the team would "proceed with caution" with the prized pitcher.

The 22-year-old Strasburg was sidelined in late July because of inflammation in the back of his right shoulder.

He was making his third start since returning from the DL when he was hurt Saturday night in Philadelphia. Strasburg grimaced and shook his arm before walking off the mound in the fifth inning. He had an MRI exam Sunday.



Stephen Strasburg injured his right forearm against the Phillies Saturday night.

"To say he's a little emotional, a little anxious would be fair to say," General Manager Mike Rizzo said.

Rizzo added Strasburg came ready to Nationals Park to play catch, but the team had to say no. That came the day after Strasburg went through his normal post-start workout, including some light tossing.

The Nationals have not ruled out the possibility of Strasburg returning to the starting rotation

later this year despite calls from some to shut down the prospect before another injury crops up.

He is 5-3 with a 2.91 ERA in 12 starts for the Nationals, with 92 strikeouts in 68 innings. The No. 1 overall pick in the 2009 draft, he zoomed through the minors earlier this year and made his major league debut this season.

His arrival in Washington created a buzz around the team that hadn't been present since the team moved from Montreal. (AP/EXPRESS)

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PI: Karen Charron, MPH; IRB#H.22.04.02.19.A2
Co-investigator: Anna Durbin, MD
Approved by JHSPH on 28/Apr/2010

Sports

In Brief

FOOTBALL

Clarett Seeks Tryout

Former Ohio State tailback Maurice Clarett has returned to the classroom.



Clarett

Now he wants to return to the football field. Clarett filed a motion with a judge asking to be allowed to travel to try out for the Omaha Night-hawks of the United

Football League.

Clarett pleaded guilty in 2006 to aggravated robbery and carrying a concealed weapon, and served 3½ years in a Toledo prison. (AP)

PRO FOOTBALL

Giants' Manning to Play In Exhibition vs. Ravens

New York Giants quarterback Eli Manning plans to play this weekend against the Ravens. Manning says he feels fine after the 12 stitches in the left side of his forehead were removed. He plans to practice wearing a baseball cap Monday and says he's absolutely certain he'll be playing Saturday in Baltimore. (AP)

PRO BASKETBALL

Brown Back With Jordan

Former No. 1 pick Kwame Brown has agreed to sign with the Charlotte Bobcats, ESPN reported. Bobcats owner Michael Jordan drafted Brown as the top pick when running the Wizards. (EXPRESS)

TV Lineup

NATIONALS (7 P.M., MASN AND WGN) Get the local or Chicago perspective during the Cubs-Nationals game in D.C.

LITTLE LEAGUE (NOON, 2 P.M., 6 P.M., 8 P.M., ESPN2; 4 P.M., ESPN) It's a full day of action from the Little League World Series out of Williamsport, Pa.

SOCCER (2:30 P.M., CSN) Bremen visits Sampdoria in the UEFA Champions League.

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Body Talk



ISTOCK PHOTO

Why School Rules

Despite the heavy drinking, late-night pizza runs and generally unhygienic behavior, I think college students can be good role models for health for the rest of us. No, I'm not kidding.

Think about it: A typical day at school requires booking it to class (sprinting!), lifting thick tomes from the stacks in the library (resistance training!) and standing up for hours at a kegger (endurance!).



By Vicky Hallett

Sure, some dining halls offer the temptation of all-you-can-eat buffets — which is probably why that terrifying phrase “freshman 15” came to be — but that usually includes access to a salad bar. There's a well-equipped gym that you actually have time to use. And if you want to see your friends constantly, which of course you do because you're 18, you'll crisscross campus for hours without thinking about how many miles you've walked.

Remember how back in college you had the energy to do just about anything? You were younger then, which certainly helps. But I bet it's more than that. If you don't believe me, take a brisk stroll through the nearest quad. Your quads (and hamstrings and glutes) will thank you.

Welcome Back, Back Pain

Children's spines don't like the combination of bulky textbooks and constant slouching

Posture

Kids have always been a pain. But these days, they're also in pain. “It's an epidemic,” warns Scott Bautch of the American Chiropractic Association. “By the age of 14, kids have the same rate of back pain that adults do.”

And Bautch thinks he's fingered the culprit: backpacks loaded with jumbo textbooks. His young patients are often hauling around 30 percent of their body weight, and have the hunched-over spines and tight necks to prove it. He says that number needs to be cut considerably — he recommends no more than 10 percent for kids under 12 and just 15 percent for teens. Plus, he'd like to see them wearing better-designed bags (see box).

Parents can help stem this surge of suffering by focusing on proper posture, says Esther Gokhale, author of “8 Steps to a Pain-Free Back” and creator of the Gokhale Method (Egwellness.com). “There are kids who carry much heavier loads without wear and tear because they are well-aligned,” she says.

Avoid the clichéd calls to “stand up straight” and keep your “chin up, chest out.” Both can lead to further problems because they don't really explain how to hold the body. Instead, she prefers cues such as “have a ducky butt, not a



ISTOCK PHOTO

tucky butt,” which is a cute way to help even elementary-schoolers get the right idea. “Imagine you have a tail. It should be out behind you. You don't want to be sitting on it,” Gokhale continues. She also likes to remind children to “stack the blocks of the spine.”

The best prompts, however, are always the visual ones. “Kids model parents. If parents are slouching around, kids won't know what to do,” she adds.

That means everyone needs to think about their core strength, because it's those muscles that keep your middle from turning to mush, says Stephen Sarro of Sports & Spinal Physical Therapy (2175 K St. NW; 202-463-7611, Ssptdc.com). He trains patients to find the transversus abdominis, the muscle that wraps around the torso, and then encourages them to keep that engaged during all exercises. (Gokhale has another cue for that one: “Imagine you're reaching for something up on a high shelf.”)

Sarro also urges parents to notice how their kids hang out around the house. Sitting in front of computers placed on their desks is ergonomically sound, as long as their chairs have good back support. But teens are often typing away while laying on their bellies in bed. “Or, they're leaning from the couch to the coffee table,” he adds. Positions like those can stress the spine and neck, too.

If you can manage to ditch the bulky backpacks and these bad habits, back-to-school season promises to be a lot less painful. VICKY HALLETT (EXPRESS)



Meet the Bag of Tricks

The North Face decided to team up with Scott Bautch to make its backpacks a no-brainer, and the new line of nine updated styles (including the Recon, \$89, left) are the first ones ever to get the ACA endorsement. They're better for backs, Bautch explains, because the wide, padded shoulder straps are molded into a shape that's comfy to wear, so there's never any reason to sling the bag over one shoulder. The design contours to the body to prevent the spine from being overwhelmed by the load. And the interior is constructed to encourage kids to put the heaviest objects in first, which makes them easier to lug around. v.h.

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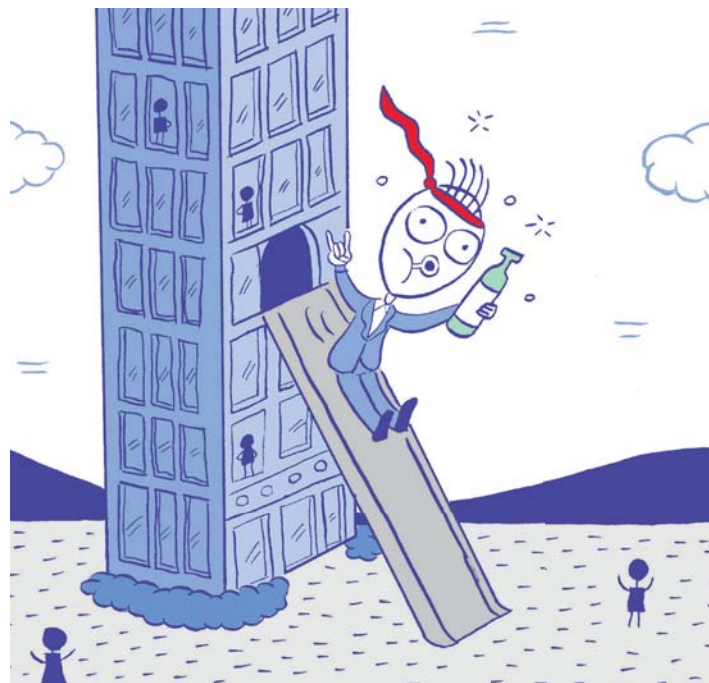
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Never Too Late
To Become Early

Q I'm chronically late. I've finally accepted that it makes people angry, but I honestly don't know how to stop. I try to allow enough time, but things always get in the way. I swear I am a responsible adult, but this seems like some kind of disability! **NEVER THE EARLY BIRD**

It comes down to what these "things" are that get in the way. Perhaps you have trouble prioritizing and allow things that shouldn't take precedence to ruin your plans. Maybe you're such a problematic procrastinator that you pile up tasks that won't be begun until you're about to take off. Or maybe it's a problem with disorganization, and you're running around for a half-hour looking for your car keys while you have them in your hand, or you're just a bad estimator of time, distance or Beltway nightmares.

Whatever the root of the problem, it would help to keep a log for a few days of how exactly you spend your time, from the moment you decide to get ready to go somewhere to the time you actually show up late. (And, yes, taking notes might temporarily make you even later. Done right, it will be well worth it.)



By Dr.
Andrea
Bonior

Send your
mental
health and
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questions to Andrea
Bonior, Ph.D., at
baggage@readexpress.
com. This column is
not a substitute for
one-on-one care.

Farewell Without Flames

Q How should I handle an exit interview for a job I despised? I'm finally free of that hellhole after getting a much better position, but I now have to go through the charade of an interview with HR. Some of my friends tell me I have to make nice just to not burn bridges. Honestly, those bridges were on fire ages ago. Can't I just have my fun a la Steven Slater, or would it totally ruin my life? **SO DONE**

Well, it really depends. Does your office have an emergency exit chute?

What you have to weigh here is whether 15 minutes of "fun" would justify the risk of damaging your career down the road. You think the damage has already been done, but this isn't an all-or-none proposition. People change jobs, just as you are doing. Why leave an "Enjoys making a vindictive

spectacle" taste in the mouths of those who may someday be your new boss or cube mate (or underling, for that matter)?

Tell your side of the story, of course. Just do it in a respectful and professional way. There's no need to make nice or bestow air-kisses, but lose the kerosene. You've already won — you got a better position somewhere else. Let that satisfaction keep you discreet.

Event Horizon
Massage
Mania

It's still very much the dog days in Washington, but we're just one month away from SpaFinder's Deal Days Sept. 20-26, a week of discounted treatments at area spas. And if you want to score deals like a \$50 massage at Alexandria's Circe Aveda Lifestyle Salon Spa (where the same rubdown would normally run you \$102), you'd better sign up fast. A full list of participants will be available Wednesday at Spafinder.com/dealdays.

1 Ice Is Nice

Downing a semi-frozen concoction before exercising in hot weather (or trying hot yoga) could be a boon, even more than drinking something cold. "The key is to ingest a mixture of ice and water [about 12 ounces] in the 30-minute period leading up to exercise in hot conditions," says Paul Laursen, a performance physiologist at the New Zealand Academy of Sport. "The main advantage is a lowering of your core temperature, which prolongs the time it takes for it to reach critical levels and really cause you to fatigue." In his small sample of 10 runners, the five slurry drinkers could go longer without growing tired than drinkers of a 39 degree Fahrenheit beverage without ice. Just be sure the sugar content is low — about 5 percent, Laursen suggests. That's important because ...

2 Don't Gimme Sugar

Sure, the sweet stuff provides carbs, which an exercising body craves. But your body takes longer to absorb a sugary beverage (whether it's soda or orange juice). So, you won't hydrate as quickly as you would with just plain water. Not to mention you'll consume all those extra calories.

3 Caffeine Counts

You've heard it a quadzillion times: When you drink caffeinated beverages, the caffeine acts as a diuretic. In other words, your body just pees the liquid out, so you get no benefit. Not true, the experts say. A dehydrated body won't squander cola, coffee or tea. "When we need it, we hang onto it," says Mike Sawka, a scientist at the U.S. Army Research Institute of Environmental Medicine. "That's how we evolved."

4 Have a Nightcap

Morning exercisers should make sure they drink amply the night before. Otherwise, you'll want to gulp down an extra 12 ounces an hour or so before you take off, Casa advises. And don't forget to hit the bathroom before you leave the house just in case you've overhydrated.

Drink It Up!

Water works, but only if you manage to follow the seven rules of hydration

The very hot summer of 2010 has given outdoor exercisers a one-word mantra: Drink! Otherwise, fatigue and heatstroke could strike. But it's easy to forget that the art of the drink requires attention all year long. "You can still get dehydrated in the cold," warns exercise physiologist Douglas Casa, who studies heatstroke in his role as chief operating officer at the University of Connecticut's Korey Stringer Institute. And there are some drinking techniques that will enable you to get the most benefit from your liquid intake in any weather. Here are some guidelines for the drinking-to-hydrate game. **MARC SILVER**

5 Sip While You Sprint

Have you ever secretly snickered at runners who carry a bevy of li'l water bottles on a belt around their waist? They are the smart ones because they're taking in liquid to replace the liquid they're sweating out. "If it's 97 degrees and you run an hour, you're better off having fluid with you," says Casa. Exercisers also dehydrate in cold weather, he notes, but may not think to carry water. Of course, you can also overdo it with the water and develop a potentially fatal condition called hyponatremia. But it's rare and preventable by keeping your electrolytes in check, with, say, a banana.

6 Bubble Trouble

Some people say carbonated beverages won't satisfy your need for liquid as well as noncarbonated drinks. "That's sort of an old wives' tale," says Stella Volpe, a research associate in the School of Nursing at the

University of Pennsylvania. The carbonation might slow the absorption of the fluids, "but you still get the same hydration." That's fine if you're at rest, but perhaps not as fine if you're trying to maximize your water absorption. Other caveats: A bubbly beverage can give you a feeling of fullness that makes you less inclined to keep drinking — and carbonation can make you burp, which is not what you want to do during an intense workout.

7 Weigh and Measure

You want to take in enough liquid to make up for the sweat you've lost. To determine out how much you need to drink after a workout, weigh yourself before and after. Casa is fond of the old saying: Lose a pound, drink a pint. Just make sure it's not booze. Alcohol is a stronger diuretic than caffeine, so in all likelihood your body won't retain a cold brew or a glass of wine.

Genius in a Bottle

Sometimes you feel like a sip. Sometimes you'd rather grab a gulp. With Nalgene's new Multi-Drink bottle (\$13.99, sporting goods stores), you can take your pick — the loop top releases a gushing stream when you're desperate for a liquid fix, while the pivoting straw (which locks to prevent leaks) lets you take more measured mouthfuls. The 20-ounce, BPA-free bottles come in six colors, and the lids fit Nalgene's other wide-mouth models. That includes the manufacturer's other new release: On-the-Fly (\$11.99), which boasts a one-handed, push-button release.

VICKY HALLETT (EXPRESS)



Dash and Splash

Most races end with water. But the Back on My Feet "All Feet on Deck" Fun Run this Saturday at 10:30 a.m. is going to end with a whopping 50 meters of it. After participants complete a 5K around Hains Point, they're welcome to cool off in the East Potomac Park pool at an aquatic bash featuring games and slices from

Pizzeria Paradiso. It's just \$10 to register (which you need to do by Friday at Dc.backonmyfeet.org). Proceeds will further the mission of Back on My Feet, a nonprofit that organizes running clubs at homeless shelters to help members take the first steps toward self-sufficiency. **V.H.**



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Shake the Habit

Salt can sneak into your diet and send your daily sodium intake soaring high

Seasoning

Pass the salt? Maybe not. Earlier this year, the FDA announced it would reconsider its stance on how much sodium can safely be allowed in packaged foods — which, along with restaurant meals, account for roughly 80 percent of the sodium we consume.

“Salt is a silent threat,” says Jennifer Nelson, chief of clinical dietetics at the Mayo Clinic Food & Nutrition Center in Rochester, Minn. “Often, people are simply unaware and don’t realize they’re consuming too much.” Many of us go beyond the recommended limit of 2,300 milligrams a day. And while we need sodium for proper nerve and muscle function, too much increases our risk of osteoporosis, kidney stones, gastric ulcers and high blood pressure.

A study in the New England Journal of Medicine found that halving your sodium intake may benefit your heart and blood pressure as much as cutting tobacco use in half or shrinking your body mass index (BMI) by 5 percent.

But kicking the habit may be tougher than you think. Salt — like



Most women exceed the teaspoon-a-day recommended limit by about 20 percent.

that other seductive white crystal, sugar — may be habit-forming, as any margarita fan knows. Research has found that salty tastes activate pleasure receptors in the brain, and in lab rats, sodium deficiency was linked to a key symptom of depression. And as we get used to saltier foods, we need even more of them to satisfy our cravings.

Because salt is an acquired taste, however, you can wean yourself off it. To discover where sodium hides, you need to rely on your eyes and your tongue. Not all culprits are as obvious as a pile of fries, so it’s important to read nutrition labels. Sodium is often added during the production process — for example,

to tenderize meat — and it’s masked by other flavors. Some of the worst offenders: blended coffee drinks (about 240 milligrams in a 16-ounce cup), cheese (248 milligrams in a one-ounce slice of provolone) and baked goods (255 milligrams in a blueberry muffin).

“Reduced sodium” labels can mean a food has as little as 25 percent fewer milligrams than the original, so look for “low sodium” instead — these have no more than 140 milligrams per serving. Also, keep in mind that low-fat and low-calorie foods often have more sodium to compensate in the flavor department. (REPRINTED WITH PERMISSION OF WOMEN’S HEALTH © RODALE INC.)

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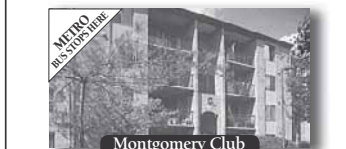
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Failed Marriage
Tiger Woods and Elin Nordegren announce their divorce **39**

Sound Bets



Simple Soul

I first heard reggae singer Gyptian in Dr. Dread's car. The former owner of D.C.'s RAS Records played me a demo song that featured sparse drumming, a simple sax melody, out-of-tune guitar and a soulful tenor voice crooning a strong social statement called "Serious Times." It felt like this unknown artist was the next great Rasta singer.

Dr. Dread couldn't outbid larger labels, and 2006's "My Name Is Gyptian" came out on reggae powerhouse VP Records. The album mixed social anthems and lovers rock but had enough R&B influence to cross over with "Beautiful Lady." VP then capitalized on Gyptian's radio potential with 2008's "I Can Feel Your Pain" CD, whose beautiful title track is a Quiet Storm ballad.

Gyptian's new "Hold You" is full of Auto-Tune, and he's opening for Damian Marley and Nas (Mon., 9:30 Club), so his pop push is in full effect. But the CD's titular smash evokes "Serious Times" — not lyrically; Gyptian sings love songs almost exclusively now — in that it's mostly stripped down to warbly piano, drums and Gyptian's stunning voice. Pop-star production tricks aren't necessary when you can sing like this.

Katy Perry reclaims the pop tartlet crown with ballads about young love and lust

Album Review

Katy Perry is one lucky lady.

A few years ago, she admitted to kissing girls and liking it, and cherry-flavored ChapStick sales soared.

But then Rihanna came along, followed by Lady Gaga and Ke\$ha. With every new pop tart coming down the pike, Katy Perry was becoming irrelevant. Sure, she's marrying Russell Brand, but what has she done for us lately?

With her sophomore album, "Teenage Dream," Perry makes a bid



Teenage Dream

Katy Perry

to reclaim the pop crown by selling us sex, teenage optimism and broken hearts in 12 tracks — and it's nearly flawless. Perry delivers track after track delving into the rushes and crashes of young love.

It's a middle ground everyone can relate on. And though the album occasionally veers into goof-ball territory — this is a woman who dresses up like fruit and memorably sprayed whipped cream out of her bra — it hearkens back to a simpler time of adolescent love ("Teenage Dream") and loss ("The One That Got Away"). Save for a few snoozers near the end of the album, Perry nails it.

Things start off with the title track, "Teenage Dream," the album's second single and undeni-



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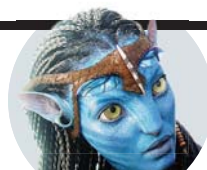


Katy Perry's rumored rivals probably don't have anything to fear. Perry told USA Today she's not interested in "catfights." "I'm a fan of Rihanna and Taylor and Gaga and Beyonce and Miley and all those girls. We can coexist because we each bring something different to the table," Perry said. "The ones who are shining are contributing to this big colorful spectrum." (EXPRESS)

ably its best song. A breathy ode to a dreamy romance, the song evolves from Perry's falsetto verses to a strong, confident chorus — dominated by the punchy, "You! Make! Me!" break — that underlines the emotion on display. By the end, when Perry decides she's going to "Let you put your hands on me/In my skintight jeans/Be your teenage dream tonight," this exploration of a sweet relationship gets all sticky and sweaty — and it's a perfectly accurate way to describe all those hormones. You crazy kids.

There are letdowns: "E.T." is creepy in its description of an alien lover ("Infect me with your love/And fill me with your poison ... I want to be a victim/Ready for abduction"), and the ominous vibe seems at odds with the rest of the album.

But overall, "Teenage Dream" is a solid way to end a long, hot summer: a mostly successful collection of tracks that indulge in wistfulness. It's young, but it's fun — and that's what Perry's best at. **ROXANA HADADI**



Return to Pandora: Before he takes moviegoers deep beneath the Pandoran sea, James Cameron hopes they'll go for an extended tour of the fictional planet he introduced in "Avatar." "Avatar: Special Edition," which includes nine minutes of new footage, opens in 3-D theaters worldwide Friday. Cameron said there are "hundreds of thousands, if not millions" of people who wanted to see the movie in 3-D but haven't had the chance to yet. (AP)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com **lookout**

top
stops

1 Lights, Camera, Wild Flailing

You know how improv works: You give suggestions to a group of people in matching T-shirts and they make up some stuff. Oh, wait, but Washington Improv Theater has a twist on that: Participants take your suggestions, and they go immediately and film a movie that's made up as they go along. Your move, scripted theater. **Source Theatre, 1835 14th St. NW; Fridays and Saturdays through Sept. 5, 8 p.m., \$15; 202-204-7770, Washingtonimprovtheater.com. (U St.-Cardozo)**

2 Double Dose

The Washington Jewish Film Festival screens two shorts tonight at the Renaissance Hotel: one on the band Idan Raichel Project and its tour to Ethiopia, and the other the story of an Argentinean immigrant who has to assimilate to perform on an Israeli soap opera. **Renaissance Dupont Circle Hotel, 1143 New Hampshire Ave. NW; 7 p.m., free; RSVP online to saras@washingtondcjcc.org. (Dupont Circle)**



3 Putts, Pints

We love D.C. Beer Week for making our menu choices complex, but this is one event that's very simple: You buy a Harpoon pint at the H Street Country Club, and then you're eligible to try to sink a hole in one — a shot that's about 65 feet. If you make it, you win a pool table. If no one wins the table by Friday, the Country Club will raffle it off, and Washington will be disgraced forevermore. **H Street Country Club, 1335 H St. NE; 5 p.m., free; 202-399-4722, Hstreetcountryclub.com.**

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Deeper Meaning In a Disc

Recent controversy gives new context to Fantasia's songs

Album Review

Fantasia Barrino either has a very inventive publicity team or really bad timing, what with her recent sex tape controversy, “homewrecker” accusations and a suicide attempt — just before the release of her new record, “Back to Me.” On the one hand, she’s been out of the pop/R&B circuit for a while now, having spent the last few years on Broadway starring in “The Color Purple,” so this gets her name back into the news. On the other hand, the details of the aforementioned circumstances are less than flattering.

Still, the situation gives an unusual context to “Back to Me”: Otherwise nondescript love songs now have a target. A spoken-word interlude in the middle of the album’s first single, “Bittersweet,”

JEFF CHRISTENSEN/FILE/AP



Back To Me
Fantasia

finds Barrino musing, “See, you have to understand that somebody’s gonna get hurt out of this situation. And you just hope it’s not you.” Here, she’s the Other Woman, with all the baggage and mixed emotion that role brings.

It might not be fair to project that kind of meaning onto this album; after all, Fantasia’s co-writing credits are limited to two of the album’s

12 tracks. But song after song brings up tumultuous relationships, including “Man of the House,” with its implications of gender imbalance, and “Who’s Been Lovin’ You,” with its allusions to an on-again, off-again romance.

Lyrics aside, the most notable thing on this disc is Barrino’s voice. It’s polarizing, for sure, but its nasal quality is what helped her win the third season of “American Idol.” It’s refreshing that she still sounds exactly the same here: The “Idol” machine hasn’t smoothed out all of her personality like it has for so many others. **CATHERINE LEWIS**

DVD Beat

“THE BACK-UP PLAN” (PG-13, 105 MINUTES)



About a Boy

In this romantic comedy directed by Alan Poul, Jennifer Lopez plays pregnant Zoe, a pet-shop owner knocked up by her gynecologist and donor sperm. “This isn’t about a guy,” she declares, asserting her pride in choosing single motherhood — but, of course, it is about a guy: Stan (Alex O’Loughlin). Zoe and Stan meet in a cab and soon fall for each other. But Zoe, who’d just given up the search for Mr. Right, has to decide whether to stick to her backup plan — single motherhood — or take a chance on telling her new beau exactly why it is she’s glowing. DVD extras include “Belly Laughs: Making The Back-Up Plan” and deleted scenes.

“CITY ISLAND” (PG-13, 100 MINUTES)



Dysfunctionally Delightful Drama

Vince Rizzo (Andy Garcia) is a corrections officer, would-be actor and beleaguered husband. Domestic relations being what they are, he tells his wife, Joyce (Julianne Margulies), that he’s going out to play poker, rather than admit he’s taking an acting class. Joyce, the personification of matrimonial displeasure, puts all her hopes into her daughter. One of the amazing things about Raymond De Felitta’s film is how many enormous secrets are being harbored by so few people. Given the amount of drama per frame, this is the best current buy for one’s movie dollar. **(THE WASHINGTON POST)**

TV tonight **lookout**

Best Bets

ESPN
8:00

30 for 30: Jordan Rides the Bus "Jordan Rides the Bus" returns to 1993 when Michael Jordan, right, fresh from leading the Dream Team to 1992 Olympic gold and multiple NBA championships with the Chicago Bulls, decided to try his hand at minor league baseball.



BRAVO
9:00

Flipping Out Jeff decides that the real money lies in making his clients happy, and he resolves to focus on customer service. Before leaving on a business trip, he also must resolve a troubling pet issue.

ABC
9:00

Shaq VS Shaquille O'Neal gets tips from pro golfer Anthony Kim before teeing off against Charles Barkley in a five-hole alternating-shot round of golf at the St. Regis Monarch Beach links. Then it's off to Las Vegas to chow down against competitive eater Joey Chestnut.



BRAVO
10:00

The Rachel Zoe Project As Rachel approaches her 10th styling assignment related to the Oscars — at which clients Cameron Diaz, left, and Demi Moore will be presenting — she wants to move clients out of their comfort zones. (TRIBUNE MEDIA)



AMY HARDIE PRODUCTIONS

Eery Mind Trips

P.O.V.: THE EDGE OF DREAMING

PBS
10:00

In this hypnotic and gripping film, director Amy Hardie is visited in a dream by the voice of her deceased first husband, who tells her that she will not live past 48. It just so happens that her next birthday is her 48th. Ominous thoughts of this milestone and the disturbing dream fill Hardie's every thought. And before long, she's confined to her bed. Did the dreams bring on her bad health, or were they her body's way of communicating with her subconscious mind? (UNITED FEATURE SYNDICATE)

Formulas



Geek to Chic

MTV's popular "MADE" franchise dips into feature-length film territory with "MADE: the Movie" (10 p.m. on MTV). In this original comedy, an unpopular high school band member named Tuba (Cyrina Fiallo, above) struggles to overcome her geeky reputation as she pursues her dream of trying out for the cheerleading team. Cue the name-calling, tears and teen rom-com clichés. (EXPRESS)

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Poll Center

Today's Question

SHOULD THE NATIONALS SHUT DOWN STEPHEN STRASBURG FOR THE YEAR?

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Monday's Results

HAVE YOU CUT YOUR EGG CONSUMPTION DUE TO THE SALMONELLA OUTBREAK?



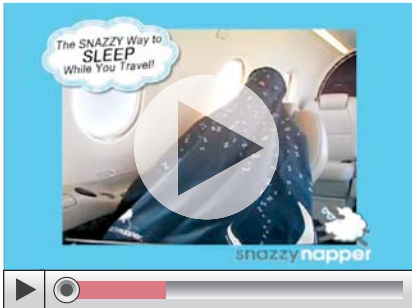
"No, because I don't buy eggs from places where chickens are jammed into cages and covered in their own fecal matter. And, no, I'm not some crazy animal rights activist."

COMMENTER JOHN MOROCCO

"Absolutely. I've eliminated my egg consumption. Salmonella is potentially dangerous, and at the least very uncomfortable. Agra-business will take whatever shortcuts it can."

AN ANONYMOUS COMMENTER

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"We can't think of anyone who'd want to block out the world to this degree while in public. ... The whole thing is just so ridiculous, we're starting to look at the blanket-with-sleeves as a revolutionary product."

— HUFFINGTONPOST.COM CAN'T BELIEVE THAT THE SNAZZY NAPPER — A BLANKET THAT COVERS YOUR FACE WITH HOLES FOR YOUR NOSE — IS AN ACTUAL PRODUCT FOR SALE.

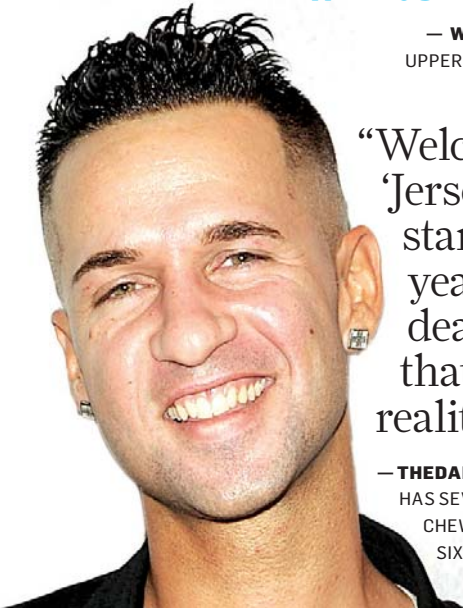
"IF THIS is the route that Philly bureaucrats want to go, then they might as well start requiring kids operating lemonade stands to get business licenses, too. Why not? Why stop at blogging? There's a lot of good money to be made by squeezing every penny out of Philly residents."

— CASSYFIANO.COM REACTS TO NEWS THAT THE CITY GOVERNMENT SENT A BLOGGER A \$300 BILL FOR A BUSINESS PRIVILEGE LICENSE AFTER SHE REPORTED A SMALL PROFIT ON HER TAX FILINGS.



"It's been a few decades since I left the fifth grade, but all of a sudden, I'm itching to go back. ... I'm thinking that with a spectacular name like that, homework will be fun and tests will be glorious."

— WELOVEDC.COM THINKS BARACK OBAMA ELEMENTARY SCHOOL IN UPPER MARLBORO, MD. — ONE OF SIX SCHOOLS IN THE U.S. NAMED AFTER THE PRESIDENT — IS PROBABLY A PRETTY COOL SCHOOL.



"Welcome to the American dream. 'Jersey Shore' star Mike Sorrentino stands to make \$5 million this year, thanks to endorsement deals and business opportunities that came as he capitalized on his reality-TV fame."

— THEDAILYBEAST.COM/CHEAT-SHEET POINTS OUT THAT SORRENTINO HAS SEVERAL PROJECTS ON TAP, "INCLUDING AN AB WORKOUT VIDEO, A CHEWABLE SUPPLEMENT, AND AN AUTOBIOGRAPHY THAT PULLED IN A SIX-FIGURE ADVANCE."

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puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) You can provide others with what they need, but you must also tend to your needs and desires — perhaps even behind the scenes.

LIBRA (Sept. 23-Oct. 22) Income and expenses may be more balanced at this time than they have been in the recent past, and you can enjoy a little breathing room.

SCORPIO (Oct. 23-Nov. 21) You may have to prove you are who you say you are, and that you've done what you say you've done. Are records up to date?

SAGITTARIUS (Nov. 22-Dec. 21) That which is for pure enjoyment needn't be sacrificed in favor of that which brings greater profit. The two can be combined.

CAPRICORN (Dec. 22-Jan. 19) Discounts usually yield savings, but you may be tempted to make a deal that will actually cost you more money in the long run.

AQUARIUS (Jan. 20-Feb. 18) The moment you begin to make assumptions about another's proficiency is the moment errors begin to be made that cannot be undone.

PISCES (Feb. 19-March 20) You're likely to stumble upon something that has you wondering whether you're really on the right track.

ARIES (March 21-April 19) You may feel as though your memory is playing tricks, but the truth is that more than one thing is influencing you right now.

TAURUS (April 20-May 20) You may be taking an unusually harsh view of something or someone, and it would behoove you to identify the reason ASAP.

GEMINI (May 21-June 20) Home is usually the safest place you can be, but there are dangers that you'll have to eradicate before feeling comfortable.

CANCER (June 21-July 22) Your creative energies are eager for an outlet at this time. Do what you can to maximize potential by recognizing all opportunities.

LEO (July 23-Aug. 22) A new connection will brighten your day in a profitable way. Keep things moving along; it's full steam ahead.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 219

A ₁	E ₁	O ₁	C ₃	R ₁	D ₂	C ₃

--

RACK 1

A ₁	A ₁	O ₁	Y ₄	N ₁	T ₁	M ₃

1st Letter Double

--

RACK 2

E ₁	O ₁	U ₁	M ₃	R ₁	C ₃	D ₂

--

RACK 3

A ₁	A ₁	E ₁	O ₁	T ₁	P ₃	C ₃

Triple Word Score

--

RACK 4

Yesterday's Solution

B ₃	U ₁	Y ₄	A ₁	B ₃	L ₁	E ₁	RACK 1 =	78
A ₁	P ₃	H ₄	A ₁	S ₁	I ₁	C ₃	RACK 2 =	64
F ₄	R ₁	O ₁	U ₁	N ₁	C ₃	E ₁	RACK 3 =	64
A ₁	C ₃	C ₃	E ₁	D ₂	E ₁		RACK 4 =	11
PAR SCORE 150-160								TOTAL 219

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		2			1	8		
		9		6	5			3
	8		9					
2				4				
5	9						2	6
				9				5
					6		1	
3			2	1		5		
		5	7			3		

Yesterday's Solution

1	8	7	6	2	5	9	3	4
3	5	9	1	7	4	2	6	8
4	6	2	3	8	9	1	7	5
2	1	6	4	5	8	3	9	7
9	3	5	7	1	2	4	8	6
8	7	4	9	6	3	5	2	1
7	4	1	2	3	6	8	5	9
5	9	3	8	4	7	6	1	2
6	2	8	5	9	1	7	4	3

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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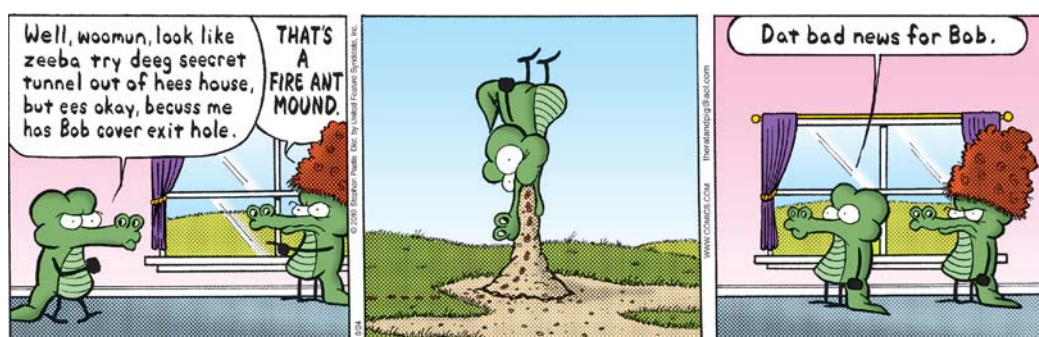
Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

74 | 66

Today: Cooler today with rain and drizzle. Rain and drizzle tonight.

81 | 71

Tomorrow: Clouds giving way to some sun tomorrow. Partly cloudy tomorrow night.

Looking Ahead

THU	FRI	SAT
87 65	81 64	87 66

Sun and Moon

Sunrise today: 6:30 a.m.
Sunset today: 7:51 p.m.
Moonrise today: 7:35 p.m.
Moonset today: 6:25 a.m.

Almanac

Normal high: 85
Record high: 98
Normal low: 68
Record low: 52

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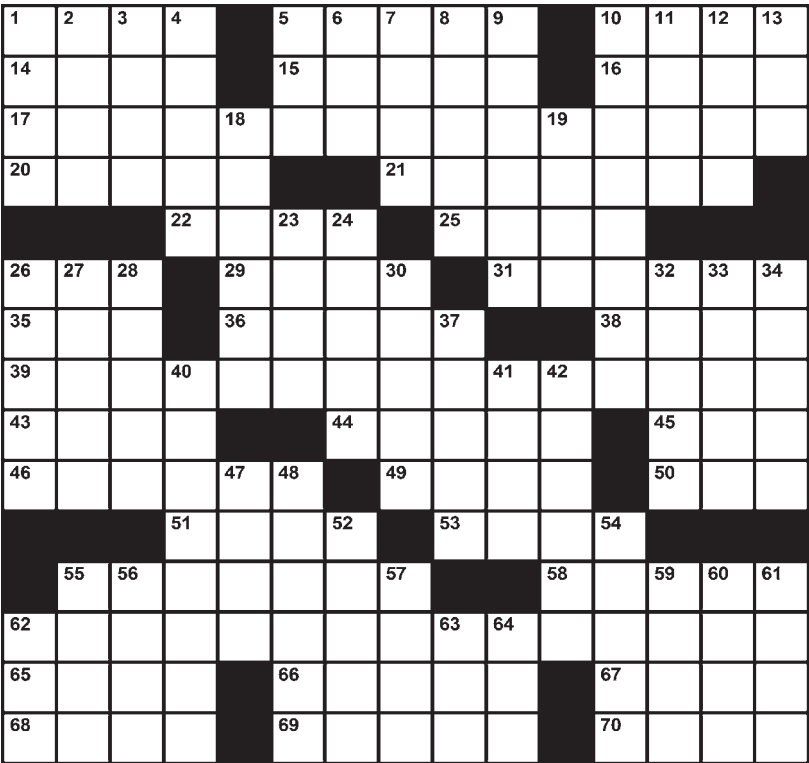
UNDER CONSTRUCTION

ACROSS

- 1 Duck's habitat
- 5 Small Carolina singers
- 10 Dorm designation
- 14 Alternative to butter
- 15 Aquarium buildup
- 16 Bone by the radius
- 17 Community elders, perhaps
- 20 Foot bottoms
- 21 Hidden supplies
- 22 Nice 'n Easy user
- 25 It travels on its stomach, proverbially
- 26 Vintner's container
- 29 "The best ____ schemes of mice and men ..."
- 31 Make downhearted
- 35 "Rosemary's Baby" author Levin
- 36 Hard-to-control impulses
- 38 Chocolate-and-cream cookie
- 39 Part of a budget spreadsheet
- 43 Prayer-closing word
- 44 Not hurting for space
- 45 Unexciting grade
- 46 Do some grapplin'
- 49 Large sums, as of money
- 50 China's Mao ____-tung
- 51 Place for a joint tenant
- 53 Wordsworth, for one
- 55 University of Wyoming site
- 58 "Get your hands off me!"
- 62 McQueen/Newman film (with "The")
- 65 All over again
- 66 Football's British relative
- 67 Minimum-range tide
- 68 Many lipstick colors
- 69 Sergeant's order, "____ were!"
- 70 Trees used to make longbows

DOWN

- 1 Has fun with bubble wrap
- 2 Spicy dinner medley
- 3 "Ain't Misbehavin'" actress Carter
- 4 Allotted

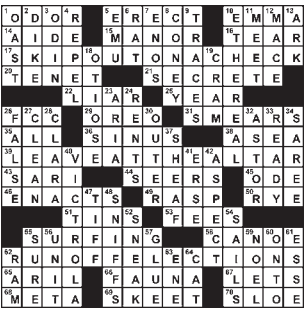


EDITED BY TIMOTHY E. PARKER

- 5 Raw reversal?
- 6 Jekyll and Hyde creator's monogram
- 7 They're full of hot air
- 8 1994 treaty acronym
- 9 Alaska Purchase arranger
- 10 It provides a paycheck, no sweat
- 11 "Ye ____ Curiosity Shoppe"
- 12 Genesis grandchild
- 13 Waterway barrier
- 18 Political protection
- 19 Words after "woe"
- 23 Be deserving of
- 24 Extreme hardship
- 26 Certain man of the cloth
- 27 Sommelier's criterion
- 28 Adventurer's stock
- 30 Clear up, as a windshield
- 32 Put up, as a building
- 33 Dwarf planet discovered by Piazzi
- 34 "We're off ____ the wizard"
- 37 Get inquisitive
- 40 Twists off, as a bottle cap
- 41 Boss on a shield
- 42 First-person figure
- 47 Shakespeare's "King ____"
- 48 City SW of Ithaca
- 52 Blanket-toting "Peanuts" character
- 54 Diminutive
- 55 The ____ Ranger
- 56 Flabbergasted
- 57 Like quiche or custard holder
- 60 Emulate a chipmunk

- 61 "Clumsy me!"
- 62 Black paving material
- 63 One of Nigeria's principal languages
- 64 Greenwich Village campus, briefly

Yesterday's Solution



Today in History

- 1814** British forces invade Washington, setting fire to the Capitol, the White House and other buildings.
- 1954** President Dwight D. Eisenhower signs the Communist Control Act, outlawing the Communist Party in the United States.
- 1989** Baseball Commissioner A. Bartlett Giamatti bans Pete Rose from the game for betting on his own team.

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**NECESSITIES****Editor Struggles to Work 'Single' and 'Childless' Into Unrelated Headline**

Jennifer Aniston will pay a call to old pal Courteney Cox on the season debut of ABC's "Cougar Town" next month. ABC said Monday that Aniston will portray a therapist who is being seen by Cox's character. It's a one-episode visit, scheduled for Sept. 22. This is Cox's second season of "Cougar Town." (AP)

RANDOM**Apropos of Nothing, Kathy Griffin and Vienna**

Vienna Girardi, ex of "The Bachelor's" Jake Pavelka, was turned away at an Emmy kickoff party Sunday, Usmagazine.com reported. The bouncer told

her she wasn't on the list and that the party was "at capacity." Kathy Griffin chatted with Girardi as she waited for her car. "I told her that the 'After the Final Rose,' or whatever that was, was riveting," Griffin said. (EXPRESS)



DAVID J. PHILLIP/AP

We hope, for her sake, that Elin Nordegren never appears in this section of the paper again.

TRANSLATION**'I Hate You.' 'OK, Here's My Money.'**

Tiger Woods and his wife officially divorced Monday, nine months after his car crash outside their home set off shocking revelations that he'd been cheating on her through multiple affairs. "We are sad that our marriage is over, and we wish each other the very best for the future," Woods and Elin Nordegren said in a joint statement. (AP)

Dirtbag Digest**Spence Spoils the Mood**

Why were Spencer Pratt and Heidi Montag together in Costa Rica this weekend? "I had to bring the puppies down," Pratt told People.com. They were getting alone fine, Montag said, until he brought up the sex tapes. (EXPRESS)

**CREEPY****Guy Describes Pal Like Cat Ladies Describe Their Pets**

"Celebrity Rehab" pals Rachel Uchitel and Jeremy London may be romantically involved, Radaronline.com speculated. "[We] are good friends PERIOD," London told Radar. "Rachel is an amazing, intelligent and sensitive person; she's a human being with human feelings." (EXPRESS)

**"Wish I did that with Snooki. But I'm still learning and wasn't as smart as him."**

— EMILIO MASELLA WISHES HE'D HAD THE FORESIGHT OF NEW BFF SPENCER PRATT AND HAD SHOT A SEX TAPE WITH EX-GIRLFRIEND NICOLE POLIZZI.

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Glenmont, Wheaton, Forest Glen, Silver Spring and Takoma Metrorail stations will be closed over Labor Day weekend.



A portion of the Red Line and the stations that it serves — Glenmont, Wheaton, Forest Glen, Silver Spring and Takoma — will close at 10 p.m., Friday, September 3, and reopen at 5 a.m., Tuesday, September 7.

This shutdown, while major, is important. It will enable Metro to complete a major rehabilitation and rebuilding project to improve safety, comply with a recommendation made

by the National Transportation Safety Board and maintain service reliability and a state of good repair.

If you plan to take the Red Line toward downtown, consider using one of the stations on the western branch of the Red Line and avoiding the work area altogether. If that isn't an option, use one of Metro's free shuttles or an existing bus route, but please add 40 minutes to your travel time.

For more information, please visit MetroOpensDoors.com or call 202-637-7000.

Free shuttle buses

Metro will operate three free shuttle bus routes between the affected stations:

The GREEN shuttle will operate between Glenmont and Georgia Ave-Petworth stations with stops at Wheaton, Forest Glen and Silver Spring stations.

The YELLOW shuttle will operate between Silver Spring and Fort Totten stations with a stop at Takoma station.

The RED shuttle will operate between Glenmont and Fort Totten stations with stops at Wheaton, Forest Glen, Silver Spring and Takoma stations.



It may be faster for you to use Metrorail stations on the western branch of the Red Line to travel into the District of Columbia and points beyond.

Parking at Metro lots will be free throughout the weekend. The following bus lines connect to western branch Red Line stations and serve the area between Georgia Avenue and Rockville Pike/Wisconsin Avenue.

To Shady Grove:	Metrobus Q1,2,6
To Rockville:	Metrobus Q1,2,4,6 and Ride On 48, 49
To Twinbrook:	Metrobus C4, Ride On 10, 26
To White Flint:	Metrobus C8 (Friday and Saturday only), Ride On 5, 38
To Medical Center:	Ride On 34
To Bethesda:	Metrobus J2
To Friendship Heights:	Metrobus L8, Ride On 1